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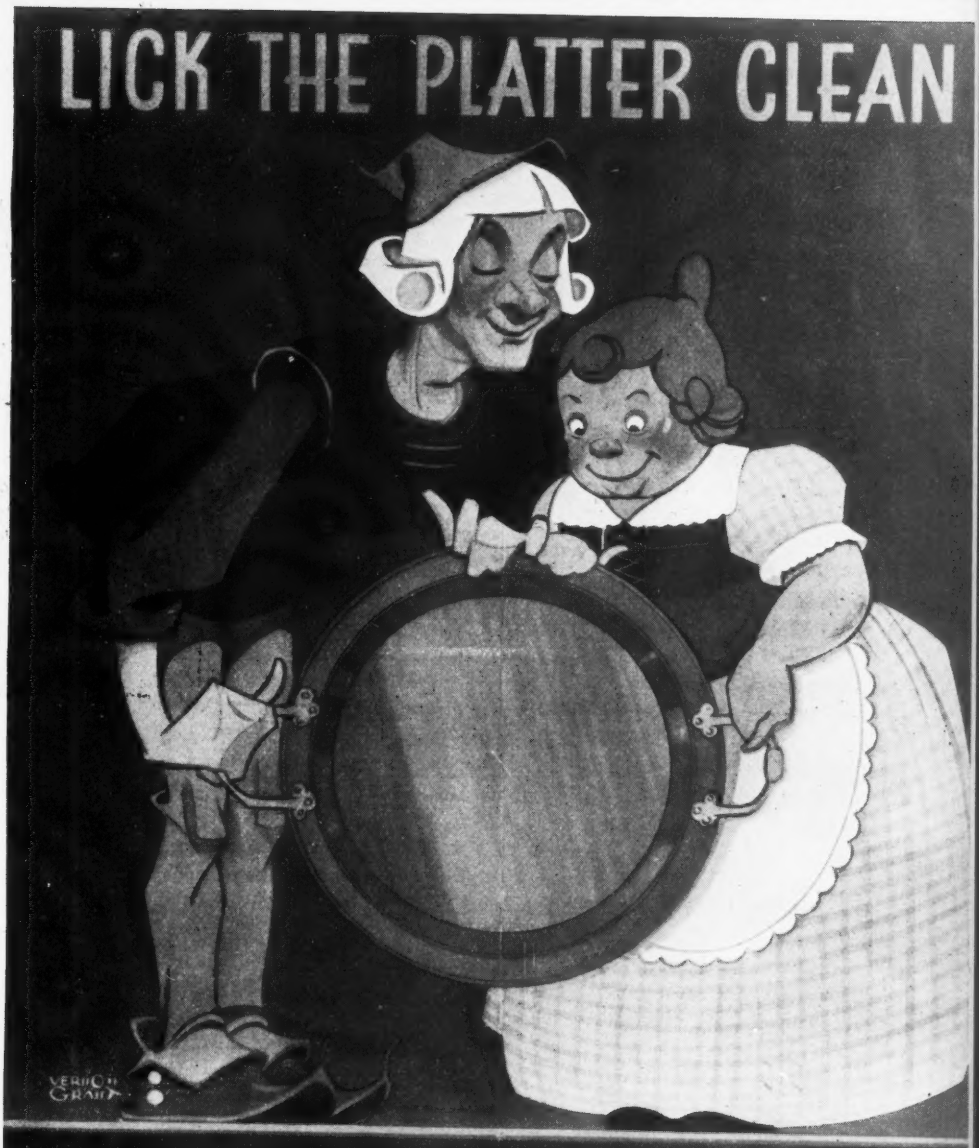

Don't Waste FOOD

VOLUME XII • NUMBER 5 MAY 1946

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ILLUSTRATIONS: *Cover, PMA; p. 3, UNRRA; pp. 4, 5, charts, OFAR; pp. 6, 7, 8, 9, 10, 11, USDA; p. 12, drawing, Howard Chapman; p. 13 (top), Eastern Regional Research Laboratory, USDA, (others), Northern Regional Research Laboratory, USDA; p. 14, Eastern Regional Research Laboratory, (next to bottom) Northern Regional Research Laboratory; p. 16 drawings, Katharine Johnson.*

Planting intelligence seeds

• The little girl is tagging along behind you while you firm out the earth over the seeds you have planted. "Daddy," she asks, "what seeds do you plant to grow cucumbers?"

Cucumber seeds, naturally. But suppose she asked you what seeds you planted to grow intelligence. The answer to that one isn't in the garden manuals, but General Hershey, National Director of Selective Service, answered the question at the recent National Garden Conference in Washington.

Conscientious objectors became experimental guinea pigs to find out, he reported. The conscientious objectors were placed on a diet that was the caloric equivalent of the diets people like yourself, except for the accident of geography, subsist on in Europe today. Learned intelligent young men whose reading fare was the philosophy of Aristotle and Santayana soon found that a bare subsistence diet would not sustain an interest in philosophy. Their reading tastes fell off to detective stories, and then to the adventures of Orphan Annie and Dick Tracy in the comic strips. When they continued eating just above the starvation line they even found the comic strips were too high-powered, intellectually, and they sank into a kind of torpor in which they were interested in nothing.

The seeds that produce intelligence are the garden seeds you plant that yield 1,000 pounds of food per pound of seed.

Europe cannot be rebuilt, the four freedoms will not take root among people who live in a starvation-induced coma.

With adequate amounts of food the cities of Europe and Asia can be reconstructed and architects and builders wise enough to build a decent world out of the ramshackle peace will come forward.

When you spade your victory garden this year, plant your seeds, and produce the food which will release other foods for shipment overseas, you will be working for peace in our time and the years to come as directly as anyone has ever been privileged to work. When you read the accounts of the speeches at the United Nations deliberations you can tell yourself that the spotlight is on the delegates but the spadework was done in your garden.

Peace gardeners no less than the peacemakers are blessed, and not alone for what they will give to the world. Every garden article, of course, rhapsodizes over the cheeks of tan, the firm tread, the slim abdomen, the clear eyes, and the delicious garden fresh vitamins you get by working with trowel, spade, and spray. But more people succumbed to combat fatigue than ever squatted down in a Landing Craft Infantry.

General Hershey reported that the men who have come back from war, tight and tense and jittery, find gardening a therapy as healing as some of the new wonder drugs. For those Americans whose nerves have been frayed by the transition from war to peace, the gardens can be just as effective a therapy. Gardening won't solve your personal reconversion problems but just as the spading and cultivation firm up your muscles, the relaxation of the work and the creative satisfaction you get from making things grow will also firm up your mental attitude.

Gardens can also put you in partnership with your children so that everyone in your family plants now for the promised enduring peace. You can begin by explaining to your children how your garden will enable children like them overseas to live and how it will produce the world they will live in. Then, the Chairman of the Garden Committee for the National Youth Organizations suggests that you either turn ownership of the gardens over to your children, or else make them joint owners. Do not use the children as hired hands in the garden. In such a garden, he says, where the children plan jointly with you, the garden will be a blend of your experience and maturity and the kids' imagination and daring. When the garden starts to produce, plan garden picnics where the food served is the product of each child's work in the garden. Help the children organize youth fairs where they exhibit the tomatoes and peas and flowers they grow. The children can also get a smattering of economic understanding out of gardens. This summer when they have an urge to sell lemonade, encourage them to sell their back-yard produce at street and roadside junior markets. Finally, when the gardens culminate in produce for canning and preserving, see that the children are full partners in that enterprise, too. And remember to label the tomatoes as Elizabeth's tomatoes, or Tommy's beans. That will prolong the fun of the family venture all through the winter.

For them and for you, though, while the fun will be swell, the food fresh and economical, and the work vitalizing and healthful, the most important gain will come from the knowledge that you have worked to keep people alive and you have planted the seeds that grow intelligence and peace.

The Editor

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Famine stalks the earth . . .

Five hundred million people are in danger of starvation. Not even in the dark ages were hunger and misery so widespread. We can share our abundance to lessen this tragedy. Food can help build a peaceful world for all of us.

● While you are reading this, people in Europe and Asia are dying of starvation. And before the time for the next harvests over there, thousands more may die.

How did this happen?

Why did the announcements of the Famine Emergency Committee come as such a shock to all of us? At a time, too, when we were already feeling a little sheepish and overstuffed after being told we had eaten more since VJ-day than ever before in our history!

War and weather are the answers. Experts were braced for the terrible aftermath of a world-wide war, but no one could foresee that in the first crucial months of the peace we would also have to take a beating from the weather. Great rains over much of Europe in the fall and winter of 1944 hampered the sowing of bread grains. Storms, floods, and prolonged cold weather in Asia sharply reduced prospects for the rice crop. Then a killing drought in almost all the major food producing areas of the world except North America added despair to misery and pointed straight at us for help. How much *can* we help?

For the answer to that one, we must turn to statistics—statistics about food, and about the means to distribute it. And against the figures on food we must measure the need—the hungry millions. Food is measured in acres planted, in yields per acre, in shiploads and boxcar lots, in tons and pounds and pints and calories, in mouthfuls, and crumbs.

Need is measured in tubercular children by the thousands, in boneless babies, in listless millions who have not had really enough to eat in 5 years, too weak to care what happens if they can have a little food. Need is measured in people who fight over garbage, who live on roots and tulip bulbs, and in luckier people who line up for soup and a chunk of bread. These are the units of misery that compose the statistics of need. Where is the statistician who can compute their average caloric intake? What super slide rule can measure their need? It is so profound, so all-encompassing that there seems at first to be no answer. But there *is* an answer, and we will do all in our power to give it before it is forever too late.

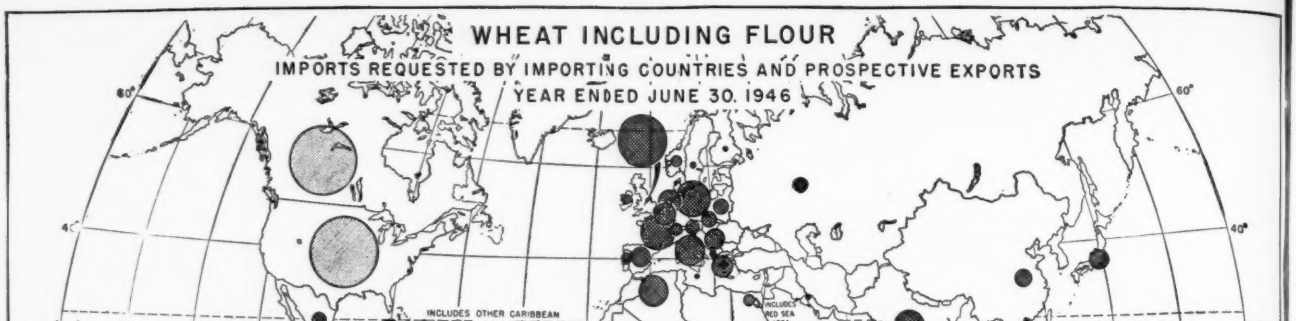
Wheat is the answer. Wheat will be the savior. For wheat means bread, and bread, in starkest truth, is the staff of life to millions. Wheat is easily shipped, has a high food value, and foods made from it, in addition to bread, are familiar to a large part of the world.

The Combined Food Board (Canada, United Kingdom, and United States) meeting here in Washington is sorting out and appraising requests for grain from nearly every country in the world. Requests come from countries which have money to pay for their supplies, from UNRRA, which serves countries too poor to pay for what they need,[1] and from the War Department for the ex-enemy countries.

All demands are higher than at first estimated, and new unexpected ones keep adding to the complex situation. Recently a delegation from India arrived asking to buy 2 million tons of grains immediately, and 2 million more by the end of the year. Droughts and cyclones such as India has not had in 50 years have brought millions to the brink of starvation.

Another unexpected demand for wheat for Japan arrived a few weeks ago. They need much more than the 1,300 tons requested earlier in the year. It had become evident that grain crops there would be

[1] UNRRA countries at this writing are Albania, China, Czechoslovakia, Greece, Italy, Yugoslavia, Hungary, Poland, the Ukraine, White Russia, and the Dodecanese Islands.



much smaller than estimated. Imports of rice from other Pacific areas to the South which Japan had long depended on will be practically nil. Indeed it is not certain that crops in those areas will be large enough for their own needs.

We can't carry out a successful occupation of the country if the people are starving. A committee of experts has gone to Japan to appraise the need.

Against these demands we have the flat statistical fact that there is less wheat in the world than at any time since 1929—9 million tons *less* than the requests. Sharpest reduction in production was in Europe where the 1945 crop is estimated at 36 percent smaller than the prewar average. Acreage planted was 23 percent below 1944. Hungary, for example, always an important surplus area even during the war, had a crop this year reported at less than 25 percent of average. Other countries in the fertile Danube Valley also reported wheat crops at 35 to 65 percent of average. This was the result of devastation during military operations, disruption of the means for transportation and production, lack of organization, and the most severe drought in modern history of the region. Extensive land reforms, in Hungary especially, left large areas unplanted.

North Africa, Italy, and Spain suffered from a severe spring drought which covered most of the Mediterranean area. North Africa, long known as the bread basket of Europe, will not even be able to maintain her own population this year but will require large imports. In all these countries, lack of fertilizer, horses, and equipment reduced yields per acre in sections which escaped drought.

Failure of other crops added to the demand for wheat; for instance, the potato crop was poor this year in France, Central Europe, and Poland. Corn crops were small in parts of Latin America, the Balkans, Italy, and the Union of South Africa where corn is a staple food.

On the other side of the world, Australia was recovering from the 1944–45 drought, the worst in its history. Demands of Allied Armed Services had helped to reduce her already depleted reserve stocks, and brought supplies of wheat to a record low. Australians, however, are still under food rationing, and they can be counted on to contribute some wheat and wheat flour for people worse off than themselves.

Another large wheat-producing country, Argentina, has just reduced her estimate of this year's wheat crop by 50 million bushels. Argentina suffered from both drought and locusts, and in addition she had internal transport difficulties on a major scale. Lack of coal, fuel oil, and repair parts for locomotives, lack of truck tires and equipment slowed down the movement of grain from farms to railways and ports. Wheat and flour exports dropped from 10 million bushels each in July and August to 2 million bushels in November. Meantime, countries which normally get their grain from Argentina add their pleas to the world-wide chorus. Eighteen Latin American countries plus most of the Caribbean islands are on short rations of wheat flour and fats. Many of their imports must come from us.

Canada and the United States are the only surplus wheat countries left. They must supply the major part of wheat for the world. Canada's crop was not up to average last year, but the United States crop was a record breaker, both in acreage planted and in total yield. But even this stroke of good fortune cannot bring the staff of life to all who need it. As the economists say, ". . . the demand for wheat exceeds the supply available for movement in international trade."

Bread continues to be rationed in most countries, with prospects of the ration being reduced later in the season for many of them. Italians have the lowest bread ration in Europe.

Other Grains

Of the other principal food grains, rye, barley, corn, and rice are all in short world supply.

Oats is the exception. The record crop in the United States will allow for limited exports. The feed situation is so tight due to the short corn crop and the restrictions on feeding wheat, that record quantities of oats are being used for feed.

Rice.—The world rice supply will be 16 percent below the prewar average

Most of this reduction occurred in Asia where 95 percent of the world's rice is produced.

For instance, Burma, normally the world's leading rice exporting country, will have no surplus for export this year. Her yearly average exports for the 1936–40 period were 3,250,000 short tons. About 75 percent of this rice normally went to India, Ceylon, and British Malaya. In China, rice production in the 15 Free Provinces, where wartime statistics are available, was slightly below the 1944 average. China's food requirements, in addition to UNRRA supplies, are estimated at 1,350,000 tons—mostly cereals.

In the Philippines, rice production was greatly reduced during the Japanese occupation. Guerrilla activities and abandonment of farms accounted for much of this. During the liberation period extensive areas of crop land were abandoned in Provinces to which the Japanese withdrew. The 1945–46 crop which suffered from a late beginning rain season, lack of enough rain later, shortage of labor, work animals, implements and seeds, is estimated to be 40 percent below the prewar average. Minimum requirements for rice this season is estimated at 385,000 tons.

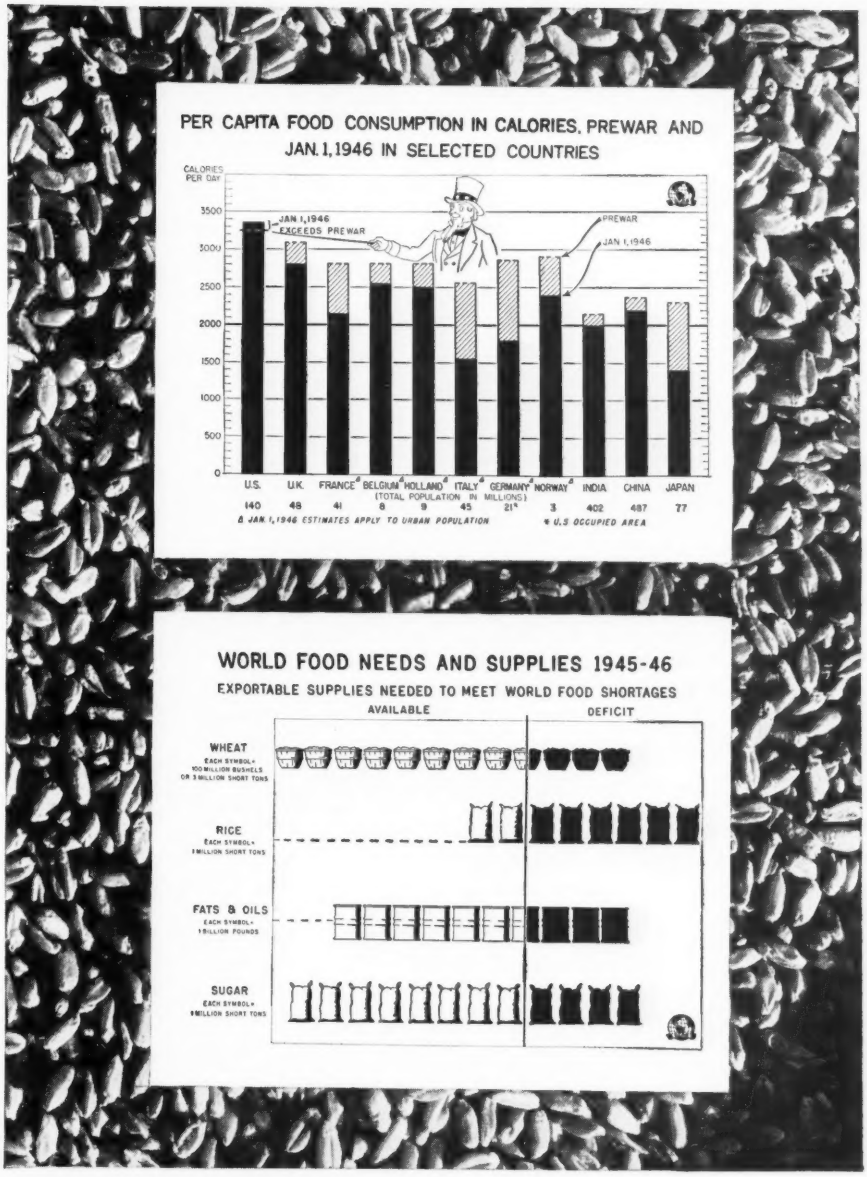
The United States produced a larger than average crop.

Fats and Oils

Next to bread, the world needs fats and oils. The grim verdict is: Total supplies inadequate to fill requirements. The figures show that the world will have a billion pounds more fats and oils (exclusive of butter) in 1945–46 than it had in 1944–45, but 2.5 billion pounds less than the prewar average. There won't begin to be enough to go around until production in the Far East is restored and shipments in volume are resumed. So far, the only export from this oil-rich region has consisted of very limited quantities of copra from the Philippines. Reports on world supply of fats and oils include figures on oils from: Peanuts, cottonseed, soybeans, sunflower seed, palm and palm kernel, rapeseed, flaxseed, sesame seed, as well as olive oil, copra and coconut oil, whale oil, and lard.

Sugar

The sugar-scarce world can get a small grain of comfort from the experts on this. According to their statements we are living through the worst of the shortage right now with the smallest world consumption


PER CAPITA FOOD CONSUMPTION IN CALORIES, PREWAR AND JAN. 1, 1946 IN SELECTED COUNTRIES
CALORIES PER DAY
3500
3000
2500
2000
1500
1000
500
0
JAN 1, 1946 EXCEEDS PREWAR
PREWAR
JAN 1, 1946
U.S. U.K. FRANCE BELGIUM HOLLAND ITALY GERMANY NORWAY INDIA CHINA JAPAN
(TOTAL POPULATION IN MILLIONS)
140 48 41 8 9 45 21* 3 402 487 77
Δ JAN. 1, 1946 ESTIMATES APPLY TO URBAN POPULATION
* U.S. OCCUPIED AREA
WORLD FOOD NEEDS AND SUPPLIES 1945-46
EXPORTABLE SUPPLIES NEEDED TO MEET WORLD FOOD SHORTAGES
AVAILABLE
DEFICIT
WHEAT
EACH SYMBOL = 100 MILLION BUSHELS OR 3 MILLION SHORT TONS
RICE
EACH SYMBOL = 1 MILLION SHORT TONS
FATS & OILS
EACH SYMBOL = 1 BILLION POUNDS
SUGAR
EACH SYMBOL = 1 MILLION SHORT TONS

in 10 years and next year should be better—definitely so, if European production expands. This season probably marks the low point in the downward swing of both world production and consumption. Given normal weather, 1946–47 should see increased production in a number of important areas.

Production of sugar in the 1945–46 season was 2.7 million pounds less than in 1943–44, and 6.2 million less than the prewar average.

It will probably be a long time before production will be sufficient to meet all needs. In many parts of the world mills have to be repaired and rebuilt, and the agricultural portion of the industry must be reorganized and rehabilitated.

Meat

Less meat was produced in 1945 than in 1944. Actual deliveries were considerably below allocations, especially those to the United Kingdom and importing countries of western Europe. World production for 1946 will show little if any improvement. Only the United States will have larger exportable supplies than last year. This is due primarily to reduced military requirements.

The outlook for meat supplies in 1946 and 1947 is gravely affected by the critical world shortage in feed grains. This will limit production especially in Europe, and somewhat in the United States, Canada, and Argentina.

Your garden, a famine fighter

Americans with hoes in their own back yards this year become commandos in the all-out attack on world hunger.

● Back Yard, Main Street, USA, is suddenly the center of the universe.

That's because a hungry world is looking to America for the food that will mean the difference between life and death to millions in the devastated countries. Every extra foot of fertile soil that's planted will add that much to the world's food supplies which are shorter than at any time during the war. And there's a lot of extra soil in the back yards and vacant lots of America.

Hence, last year's victory gardeners—some 18½ million of them—find themselves called upon for another stretch of duty in 1946. And as many additional recruits as can find a fertile spot of land and the necessary time are urged to join the home-food-production army.

Signal service done by victory gardeners last year and other war years is a token of the even greater contribution they can now make toward holding the peace.

Nearly one-half of the households in America had home gardens last year, judging from a sample survey made last fall by the Bureau of Agricultural Economics.

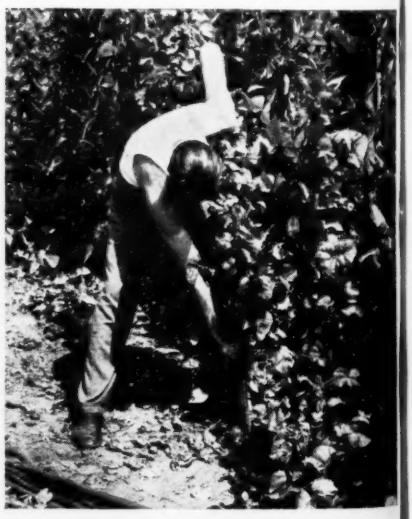
Families that had their own gardens not only increased the Nation's food supplies by a tremendous tonnage, and thereby reduced the drain on commercial food stocks, but they also improved their diets by eating more tomatoes and leafy green and yellow vegetables. As the diets of many American families are short in tomatoes or other vitamin C rich foods, and leafy green and yellow vegetables, victory gardens make a real health contribution.

Also by filling up on more fresh vegetables, we can cut down on consumption of scarce cereals and fats without any damage to our diets—and probably some improvement to our figures. We in America are getting enough of these scarce foods. Millions overseas will starve if they don't get more cereals and fats—and quickly.

Home gardens mean fresher and more succulent vegetables. The prideful vegetable fancier who claims that the produce of his own little plot is better than money can buy isn't far wrong. Garden truck loses some of its vitamins after it has been picked long. So there's nothing like ripening your greens or sweet corn to the prime and then rushing them to the salad bowl or the kettle, as the case may be.

Home gardens mean more canned goods. Returns from the BAE sample survey last fall showed that town and city people who had gardens were twice as likely to do some canning as were their gardenless neighbors.

More home canning means larger food reserves in American pantries—means less



Out come the pole beans. They've quit bearing—must give way for a fall crop.

demand on stocks of commercially canned fruits and vegetables—and makes it easier for housewives to find what they want in the store. Also this year, home canning will enable some American housewives to donate suitable canned foods to famine relief. Even where the home-canned goods is unsuitable for shipment across oceans and continents, food preserved in American kitchens can help the starving. It will make it easier for us to cut down on our consumption of bread and other short foods.

Nor should we overlook the dollar-and-cent angle of the matter. Many families saved money by growing part of their own food during the war. With the war's end, the general expectation was that prices of fruits and vegetables would drop but they are still at or near high wartime levels. So the vegetables you grow in 1946 promise to be worth good money, reckoned by store prices.

Although no official estimates are available on the total output of victory gardens, experts agree that the food contribution from them was tremendous.

Gardens at home save our overworked transportation system. Trucks and refrigerator cars are not needed to bring food from the back yard to the table. Every freight car that can be used today to haul food to port for shipment to the famine stricken areas means a day's gain in the race between food and famine.

The big food production job which America must do to help avoid widespread starvation and chaos in war areas is too big for farmers alone to do. Farmers need backing up from victory gardeners.

So it's agreed that you'll have a garden if there's any practical way for you to have a successful one. If you don't have or can't borrow a fertile plot of soil, no use wasting the work and the seed. Perhaps your back yard is by way of being a cinder bed or a dark hole that rarely gets the sun. Under such conditions, it would be much better to travel a block or two to find a suitable garden spot where the soil is good and the sun shines on it at least 6 hours a day. The extra returns would repay you.

There's no one simple formula for successful gardening. For instance, the date for the best planting for a particular vegetable may vary by as much as 2 weeks in communities only a few miles apart!

That's the reason gardening recruits are advised to get first-hand advice, from local authorities, on the fine points of gardening. Most towns have garden advisers who can be contacted through your local newspaper or radio station, while practically all farm communities and some towns are served by county agents. You can also obtain garden information by writing to your State agricultural extension service located at your State agricultural college.

Certain basic principles apply everywhere, of course, so beginning gardeners can get a helpful steer from a good general gardening handbook, such as *Growing Vegetables in Town and Country*, USDA Miscellaneous Publication 538. You can get this free by writing the Office of Information, U. S. Department of Agriculture, Washington 25, D. C.

But don't ask for any free seeds, please. Uncle Sam quit giving them away years ago.

Even if spring-garden time is past in your community, the garden question is still one that no able-bodied citizen of this sick world can afford to ignore. There are late gardens as well as early gardens, you see, although many amateur vegetable growers think only in terms of spring gardens. They forget the opportunities for gardening in the summer and fall. But to reap the maximum harvest which the world so sorely needs we're missing a good bet if we don't have two- or three-shift gardens wherever the soil and climate permit.

To make your garden work overtime to help meet the world food emergency will require more work and planning, yes. Also, if you aren't an old hand at the game, you'll need expert advice on the different varieties to plant and the farming techniques to use for different seasons of the year in different parts of the country. But the extra crops you'll harvest that way will mean a lot to you and the world.

What shall your garden grow is a tantalizing question to the victory gardener and most especially to the rookie vegetable grower, surrounded by dazzling seed catalogs. The answer is not always the prettiest pictures in the garden ads, alas, or even your favorite vegetable—for that

Plan for an extra-shift garden! Successive plantings of early and late crops will give you more vegetables for a longer time.

This Maryland lass is setting out young tomato plants. Later in the season, when they grow bigger she will tie them to the poles

way disillusion and failure lie. Naturally, be guided by what the family likes to eat, but also find out what kinds and varieties of vegetables will grow best in your particular garden.

Some vegetables require more sun than do others, so take that into account when planning your garden. Unless the sun reaches the plot upward of 6 hours a day, tomatoes, eggplant, peppers, and lima beans usually don't do so well. Lettuce, mustard, collards, spinach, chard, and kale can take a bit more shade.

Vegetables that require lots of space for growing, in proportion to the yield, obviously won't give the victory gardener the best returns. Thus, corn or watermelons aren't as well suited to a small plot as tomatoes or snap beans would be.

Proper timing of your garden is another way to cash in to the utmost. No profit in having more lettuce, radishes, and onions come ripe at once than you or the neighbors can eat. Yet novice gardeners are likely to waste seed, space, and back muscles in just that way.

In their eagerness for the biggest possible harvest, many inexperienced gardeners let their crops ripen past their prime. This is a pitfall to be avoided, as it may mean that the beans and lettuce you toiled over have become tough and unpalatable.

For maximum enjoyment and benefit, your fresh garden fruits and vegetables should be eaten or preserved as soon after picking as possible. Incidentally, it's sound policy for gardeners to grow those highly perishable vegetables which are least adapted to shipping for long distances and storing for long periods.

This does not mean that the gardener should neglect the sturdy stand-bys, such as carrots or cabbage, which are not only good fresh but are suitable for storage. But there's an art to storing, too—so the gardener would do well to look into that when making plans for growing vegetables to store. The U. S. Department of Agriculture, still doing business at the same old address, Washington 25, D. C., has a booklet on that, too—as well as publications on canning.

If you haven't a pressure cooker and it isn't convenient to buy one, it might be wise to start now to investigate the chances of swapping some of your garden truck for the use of canning equipment—either in your neighbor's kitchen or in a community canning center. Don't forget that tomatoes can be safely canned by the water-bath method—sans pressure canner.

Every foot of soil needed for growing food! The owner of this Portland, Oreg., victory garden takes the injunction literally by planting the space along the curb to grow food.

But to get back to our vegetable growing, supplies of equipment and seed are expected to be ample to meet the needs of victory gardeners. Still it is always good policy to be thrifty. Too much fertilizer is harmful to plants anyhow, yet amateur horticulturists tend to throw the stuff around too generously.

The situation regarding insecticides is just this: Gardeners will get about what they need this year. Rotenone insecticides are back with a three-fourths of 1 percent rotenone content. That's good. It may be slightly difficult to get nicotine but it appears as if there will be enough to go around. That brings up the inevitable question about DDT. Is it good for whatever ails a garden? The United States Department of Agriculture entomologists haven't given the green light on DDT for general garden use. They are still testing this insecticide. They say, "Don't put DDT on leaves and fruits which are intended to be used as food." If you use DDT, use a dusting or wettable powder and handle it as you would any poison insecticide such as the arsenicals. And remember that DDT won't kill all garden insects, such as the Mexican bean beetle.

Time's fleeting and we can't afford to lose the race against starvation by default.

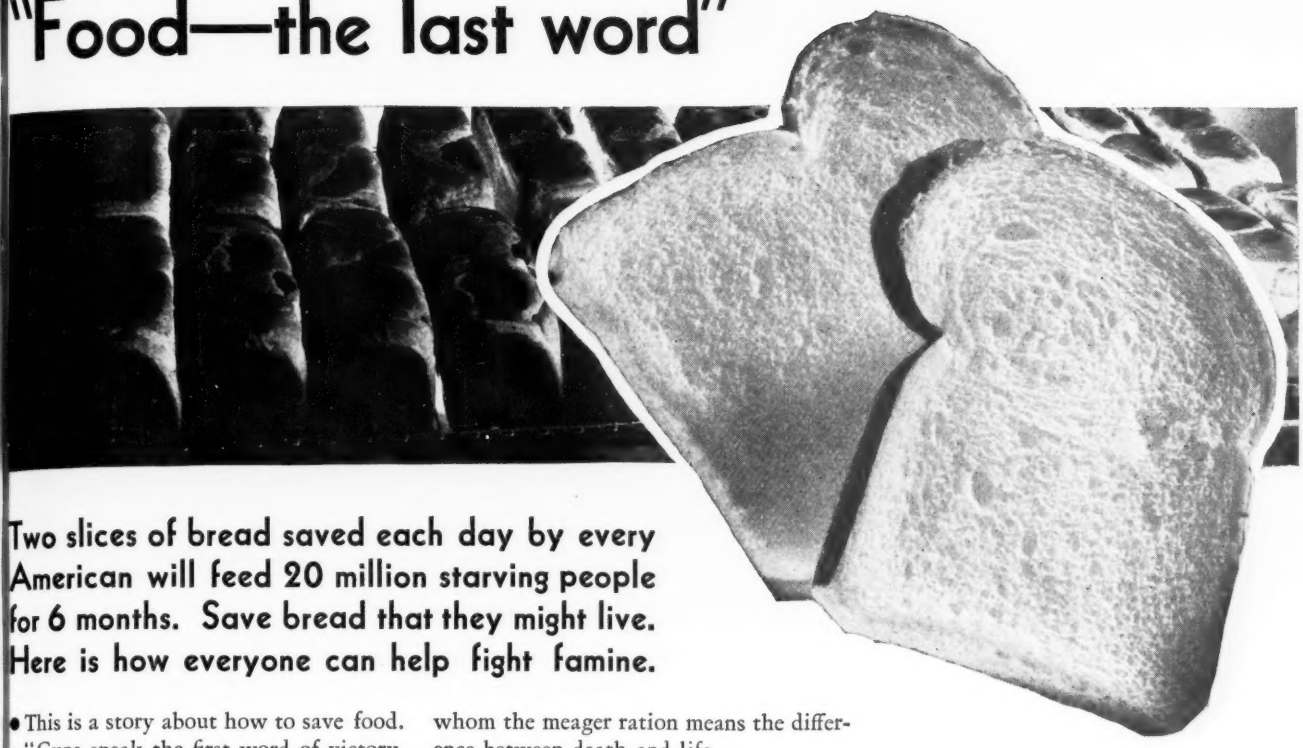
If inspiration is what you need to garden, there's plenty of that to be found in last year's victory garden history.

Down in Texas, for instance, the agencies concerned with farming and nutrition felt that many inhabitants of the Lone Star State were missing a bet in not having fall gardens. So the State extension service held a fall Garden School of the Air. More than 6,000 students enrolled formally for the radio course, in addition to others who just listened in. So successful was the project that a repeat performance is planned for this year.

One small Negro community in Mississippi made a study of its family menus for a week. Then, with the aid of a Farm Security supervisor, the families planned their farming operations to make up their diet lacks with home-grown fruits and vegetables, and home-produced milk, meat, and eggs. After these plans were put into action, the gardening group was so pleased with the result that neighbors began to notice and copy. One neighbor was heard to say, "I told Lillie she better quit feeding Bobbie so much meat and make him eat some carrots and such. He's just 3 years old now but he'll have to wear glasses before he ever starts school unless his mamma looks out."

And so it goes. In thousands of communities, home gardens have resulted in better family eating and their surplus has contributed to school lunch programs, charitable institutions, and to the Nation's food supplies. This year, with the world food situation more critical than it was at any time during the war, the contribution of victory gardens promises to be more significant than ever.

"Food—the last word"



Two slices of bread saved each day by every American will feed 20 million starving people for 6 months. Save bread that they might live. Here is how everyone can help fight famine.

• This is a story about how to save food.

"Guns speak the first word of victory, but only food can speak the last word," so states the President's Famine Emergency Committee.

It's food and more food that alone can sustain the starving millions of the world until they can get on their feet to build the kind of peace for which we fought. And it's food now and food alone that can give meaning to Franklin D. Roosevelt's "Our own objectives are clear—the objective of establishing and securing freedom from want . . . everywhere in the world."

And what do these forceful words dealing in concepts of world-wide magnitude have to do with the garbage pail in every home, and with the shopping lists, the planning of meals, and the eating of breakfast? The answer is, plenty.

Famine stalks hundreds of millions of human beings around the globe. The world food supply is not adequate to feed them all. The United States produces 10 percent of the world food supply. We are contributing our share of basic commodities to keep humanity alive. There is just the single great stockpile of the world food supply. Anything that we draw from it in quantity more than we need to maintain our regular standard of living is taking just that much away from the inadequate heap. That extra unneeded amount, if left in the pile, can be drawn upon by people to whom the meager ration means the difference between death and life.

Every single man, woman, and child can add bits of food to this heap by not wasting. For the additional bits that each one contributes by saving adds up to mountainous proportions. Individual food waste does not occur in pounds or bushels or acre lots but in bits and driblets that pile up to make our garbage dumps the most opulent in the world.

Garbage analysis studies in 247 cities showed an average collection of from 225 to 300 pounds by weight for each individual every year. This, of course, includes wastage from wholesalers, retailers, restaurants, and homes. Great quantities of it were obviously garbage, such as melon rinds, grapefruit peel, and other unusable matter. But from this analysis the statisticians concurred that 100 pounds of edible food per person is wasted in the home each year.

Each family, each group, and the Government as a whole can take measures to conserve needed food—food in general and specifically those foods which are most needed by and most easily shipped to the famine areas of the world. The Government has taken many effective measures. Among these were ordering the extraction of more flour from wheat—80 percent instead of 72 percent—and limiting the distribution of flour, with the aim of saving 25 million bushels of wheat by June 30. The Government has stopped the use of wheat and limited the use of other grains for alcohol and beer, to save another 20 million bushels by June 30. Then it called for the conservation of grain used for feeding livestock, encouraging this by an order adjusting subsidies and ceiling prices for livestock and grains. Finally, it asked that consumers eat 40 percent less wheat products, 20 percent less fats and oils, and to substitute plentiful foods for scarce foods or the foods which can be shipped abroad.

This the American consumer can do and still let out a notch in his moderately tightened belt of the last year of the war. It can be done all across the board, voluntarily, everywhere that food is consumed—from large restaurants to the card table set up for lunch in a one-room apartment. What restaurants can accomplish with the cooperation of the patrons in conserving needed grain and fats and oils, and what this means in terms of saving is dramatically set out by the Pentagon restaurants that feed the War Department employees in Washington, D. C. The workers in this vast building eat a total of 50,000 meals per day.

Here's what they are doing to save flour. Only one slice of bread or a roll

is served with a meal. At the dining tables the bread is served with the main dish No stack of bread or basket of rolls is put on the table for people to absent-mindedly munch before the main dish of the meal is served. The workers can still have pies but 50 percent of them are open-faced ones. The sandwiches are the continental European style—open-faced, too. One breakfast each week will be without cereal, and 1 day is observed as breadless.

And here's what these savings will amount to: 4,300 pounds of bread will be saved each week; 1,345 pounds of flour would have gone into the tops of pies; and the cerealless breakfast accounts for a saving of 60 pounds of hot and 30 pounds of dry cereal a week.

That's what can be saved by the simple curtailments in 50,000 meals. It gives a rough idea of what could be accomplished if similar savings were made in the over 600,000,000 meals served daily in American homes. In fact, if by one way or another every American consumer would save two slices—only two—of bread a day, that would be enough to give 20 million people their daily bread for 6 months. And there are other ways to save flour in the home.

Here are some of them: Less bread can be used at each meal. Potatoes are a good alternate. A small serving of potatoes replaces a slice of bread, nutritionally. For breakfast oatmeal can be substituted for wheat cereals or bread. And for dessert fresh fruit, compotes, and other tasty sweets can take the place of pies and cakes. And if you have cake a single-layer one can suffice as well as a three-layer one for the period of the emergency.

Millions of loaves can be saved simply by using all the bread you buy and buying no more than you need. It's easy to throw out the last few slices that have dried, or toss away the end of an old loaf on baking day. But it's just as easy to use it all. Old bread makes good toast, bread pudding, stuffing, casserole dishes, and desserts, such as bread pudding with some raisins in it. It's just right for crumb dishes and scalloped vegetables, too.

And you don't need to overstock on stale bread or tax your ingenuity in the use of it if shopping is planned more carefully and not too much bread is bought. Many bakers are helping by reducing, by at least 10 percent, the weight of bread and other bakery products—making a smaller loaf for smaller families discourages waste. They are slicing the bread thinner, too, to provide more slices per loaf.

There are fats and oils to be saved, too. They are direly needed to sustain the war-torn people of Europe and Asia who have throughout the war been subsisting on a minimum of these foods. Now these people are faced with the prospect of even less fats and oils and they have no physical reserve to meet the continuing cuts in these supplies.

Consumers in America can, of all the people in the world, voluntarily cut down on fats for we have been consuming about twice as much as we actually need for minimum health standards. To do this just means substituting other foods, such as the more plentiful fruits, vegetables, and the like, which will greatly improve the average diets, for the amount of fats in excess of what we need.

And, of course, another way to save is to use again and again, until it is no longer good, drippings and extra fat on meat. And when it is no longer usable in the home it can be turned in to the butcher and the grocer for salvage.

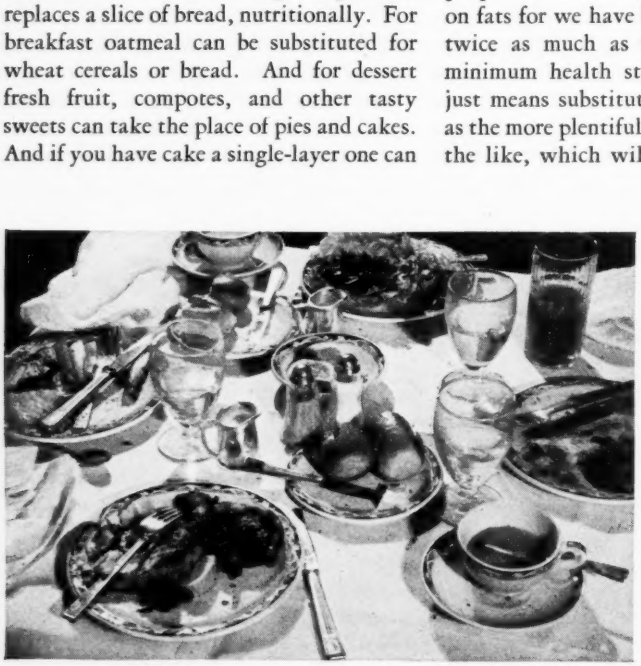
Less food in the frying pan and more on the broiler and in the stewpot are fat savers, too. And going easy on oil salad dressing adds up a few more teaspoonfuls a day on the black side of the fat ledger; or why not a plate of crisp raw vegetables (radishes, spring onions, celery, and carrot strips) with salt and *no* salad dressing at all.

We have committed ourselves to the shipment of 365,000 tons of fats and oils in the first half of 1946 and if a teaspoonful of fat a day were saved by every man, woman, and school child in the United States it would mean a total of at least 50,000 tons of fat for those who are literally starving for it.

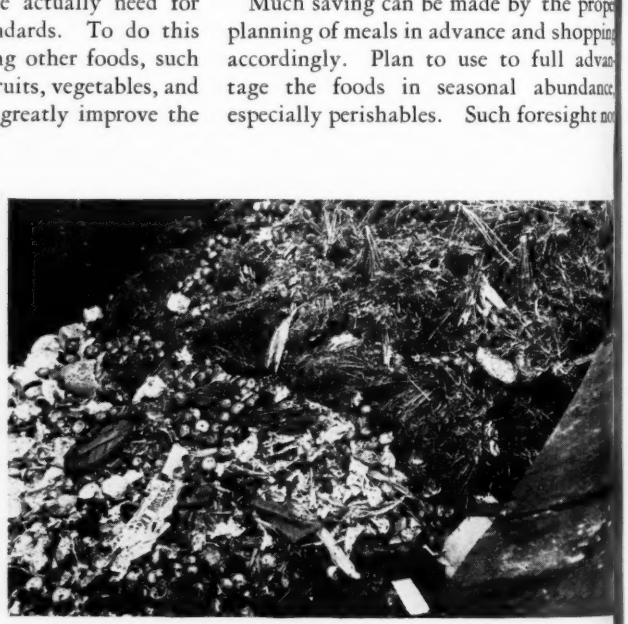
These ways of saving the foods very much needed for shipment abroad are relatively simple and certainly impose no real sacrifice.

But it's no time to waste or throw away any kind of food. The foods not needed for the hungry world are the foods that will help us fill the gap made by our voluntary curtailment of fats, oils, and grains.

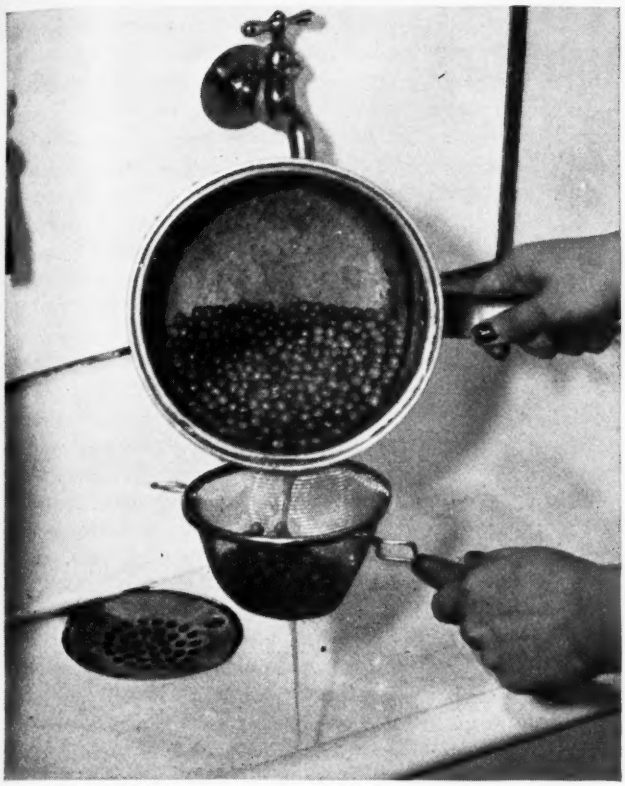
Much saving can be made by the proper planning of meals in advance and shopping accordingly. Plan to use to full advantage the foods in seasonal abundance, especially perishables. Such foresight not



Such familiar waste as this makes our mountains of garbage the world's richest. Some of it comes daily from each one of our tables.



In days of world hunger and want such a scene of waste is tragedy for millions of people. A large part of this food is edible



Save water in which vegetables are cooked or nourishing food values are poured out. Use it to make soups, gravies, or stews.

The hungry of the world need fat and more fat. Processors can use it in many ways to your advantage, but the kitchen sink can't.

only saves the full nutrient value of the fresh crop to the consumer but prevents overstocking that results in deterioration and ultimate waste of fruits and vegetables.

There is more waste than overstocking and careless marketing. You can't tell from the looks of a toad how far it can jump and you can't tell the value of all food by its appearance. Many tons of fruit with slight blemishes are ignored by the customer and left to rot, contaminate other fruit, and eventually be thrown away by the retailer. Many of these not so perfect or well-complexioned fruits have equal taste and nutritive value with their more attractive companions. And another good rule for shoppers that saves food is a hands-off policy when it comes to pinching, prodding, and pommeling sound fruits and vegetables. Handling causes rot and results in waste.

If there are leftover foods, proper storage and best use of them in tasty dishes will keep them out of the garbage pail. Meats often spoil unless placed in the coldest part of the refrigerator. Forgotten food shoved back in the ice box too often ends up in the garbage pail. The daily inventory of the refrigerator is a real food saver.

Frequent inspection of packaged goods, too, saves waste and eliminates damage from insects and mice.

One of the most outstanding spots for food waste is right at the table. The bits of good food scraped from plates, at the end of the day in millions of American homes, would add up to a fabulous diet for many thousands of hungry people. It is a widespread habit to put on the table more food than can be eaten, simply because it gives a pleasant feeling of security. Yes, and guests are urged to take more than they need or want because the hostess wants to be generous. They could be generous to the hungry of the world by simply cutting down on oversized portions and adding to that the general rule that everybody cleans up his plate.

There is plenty of room for saving and better nutrituon in the foods that come into the kitchen if they are properly prepared. Food values can be almost completely lost in cooking. For example, paring away one-tenth to one-quarter of the potato results in physical loss, but in addition iron and vitamin C in the potato are dissipated by not cooking it with the jacket on.

There is more nutritive food lost when housewives cook vegetables in too much water and then drain off the water into the sink. Here's a waste of vitamins and minerals which have seeped out of the vegetables into the water. In addition to that, flavor which might encourage the eating of vegetables, such as cabbage and turnips, is lost by too much cooking. And many people throw away the leaves of cauliflower, endive, and chard without thinking of the tasty nutrition lost by failing to put them in stews and soups. Many a tasty healthful dish goes by the wayside if the cook is unwilling to try new recipes that can turn leftovers or not overly popular vegetables into a delicious dish.

A little foresight in purchasing, careful planning of meals, and conservation in the kitchen and at the table are just good sense. It not only makes for more adequate, well-balanced diets but in these days it saves the lives of millions of men, women, and children who are dying of hunger over the face of this earth of ours.

The molecule manipulators

● Have you seen any new molecules lately? Or have you seen what they are doing with the old molecules?

Showings of the latest in molecules are on display at any one of the four regional research laboratories of the U. S. Department of Agriculture's Bureau of Agricultural and Industrial Chemistry. It is the job of the research men in these laboratories to find new molecules or to teach old molecules new tricks.

Out of their molecule manipulations come new products which make new markets for what farmers raise, or new angles on old products which make them better. Or a product which sets farmers to growing some totally new plant. Or a new twist on old farm products which makes it possible to get uses out of products and residues which formerly were wasted. And all of them contributing to consumer new goods of better quality and lower price.

Here are some of the accomplishments of the regional research laboratories of the Department of Agriculture at Philadelphia, Pa., and Peoria, Ill., two of the four regional research laboratories carrying on work for better use of farm products and improved consumer goods.

Begin with the people who couldn't tell dark from daylight a couple of years ago because of retinal hemorrhages and who now see well enough to read fine print. Rutin made the difference to them. It also makes a considerable difference to everyone who has high blood pressure in association with capillary fragility, for rutin, taken in daily doses like vitamins, strengthens the capillary walls and makes apoplectic strokes and hemorrahges 24 times less likely. In some cases, too, it has some effect on high blood pressure itself.

Rutin research at the Eastern Regional Research Laboratory began as an investigation in what could be done with the stems and other unusable parts of the tobacco plant. The chemists, beginning their work, took note of the existence of a substance called rutin in tobacco, a curious yellow substance first found 100 years ago in the garden herb rue, by a German apothecary. Its chemical resemblance to a drug called hesperidin, in which a Hungarian biochemist claimed to have discovered something called vitamin P, led to the try-out of rutin in the treatment of high blood pressure associated with capillary fragility.

The results were so successful that the manufacture of rutin will go into commercial production as soon as the Federal Food and Drug Administration approves its use under the new drug provisions of the Food, Drug, and Cosmetic Act.

So this new research, begun to find use for the unused parts of the tobacco plant, ended in the finding of a new remedy and the establishment of a new industry based on 50,000 acres of buckwheat—the amount required to supply patients using the drug.

A moldy cantaloup shares with the Northern Regional Research Laboratory and collaborators, in various universities and drug companies, the credit for increasing production from enough to treat a handful of human beings a month to enough to treat almost a million patients a month, and for dropping the cost from $200 to $5 (wholesale prices) a treatment.

Given the major role in the problem of increasing penicillin production, research workers at the Northern Laboratory began their hunt in three directions. The mold and method of its culture originally developed in England to produce penicillin yielded from 2 to 4 units of the drug per cubic centimeter. The first method that was tried to increase production was to find favorable culture media. By using corn steep liquor and lactose the productivity of the original British mold was increased ten times. Next a search was made for molds that would produce more prodigiously than the existing mold. The third attack was to find a process which could be used for mass production.

Out of the collection of molds maintained at the Northern Laboratory a mold numbered NRRL 832 was found that gave a yield of 80 to 90 units per cubic centimeter.

While this mold was studied the Air Transport Command was flying in samples of soils from every air base in the world in the hope that these soils would disclose a more generous penicillin producer. At the same time, every Tuesday a girl employee at the laboratory made the rounds of the restaurants, bakeries, fruit stores, and hotels in Peoria, Ill., looking for new molds to conquer infection. She discovered the cantaloup, a cantaloup with a mold on it which was labeled NRRL 1951 after it was isolated pure. NRRL 1951 not only produced 100 units of penicillin but in addition didn't lose its penicillin-producing vigor as quickly as did other strains. Not stopping there, NRRL 1951 molds were bred and isolated and purified until penicillin strain NRRL 1951.B21 turned up. It boosted the yield to 200 to 250 units per cubic centimeter. By bombarding this strain with X-rays a new penicillin-producing mold was picked up at the University of Minnesota, X-1612, that lifted production to 400 to 500 units

per cubic centimeter. Treating it with ultraviolet rays University of Wisconsin workers finally produced strain Q–176, a fabulous descendant of the original cantaloup mold. It produces heroically between 750 and 900 units per cubic centimeter. This mold, 200 times more generous in penicillin than the original British mold, is used to produce penicillin today.

Maybe you are a short-cut householder who makes gravy out of a prepared powder you buy at the grocery store.

The Chinese, hundreds of years ago, found out that the proteins in soybeans and cereals could be cooked up into something that gave a meat taste to their almost wholly vegetable diets. The something is mono-sodium-glutamate and before the war it was a byproduct of beet sugar. Many small beet sugar plants closed down during the war, however, because the workers who did the bending and stooping necessary to get in the beets found easier and better-paying work in other industries.

Northern Regional Laboratory planners at the same time were trying to piece together something useful out of sugar and starch shortages and what looked like abundant quantities of wheat flour. What stood in the way of converting wheat flour into starch and sugar was a slow, expensive process.

Researchers were put to work on the problem and in about 4 months they came up with a flour batter process which worked out as neatly as a completed puzzle. They found a method by which idle beet sugar plants could be used to turn flour into starch and then into sirup and sugar quickly and at a cost which was relatively inexpensive during the war. A byproduct of the flour batter is the same mono-sodium-glutamate that turns up in the gravy mix at the grocery store.

Wheat starch, which is made from a wet milling process in which a flour batter is stirred at the same time it is flushed with water, is a present annual source of about 200 million pounds of sugar sirup. Most of this sirup goes into ready mixed flours, doughnuts, candies, and soft drinks. Other byproducts of the process are molasses, alcohol, and gluten.

In most cases when a chemist is told to find a new use for an agricultural product, the assignment means he is to find a new use for starch. New uses for potatoes mean new uses for potato starches, new uses for corn mean new uses for corn starch, new uses for rice mean new uses for rice starch, for sweetpotatoes, sweetpotato starch. Oils and fats and proteins get produced on farms, but the food that nature produces most profusely and the one the farmer harvests most abundantly is starch.

By molecule manipulation at the Eastern Laboratory the chemists have come upon a breath-taking scientific panorama, a situation in which by combining lactic acid (which is made from milk, starch, and other carbohydrates) with what chemists call the acrylic, the allyl, and the alkyd resins, they can make millions of different kinds of plastics and plasticizers. By judicious combinations they can turn out plastic materials that have practically any qualities you can name, hard, soft, sticky, leatherlike, bouncy, brittle, stretchy. They can be made into films, pressed hard into any shape you want, made into threads and woven, spread on surfaces like paint.

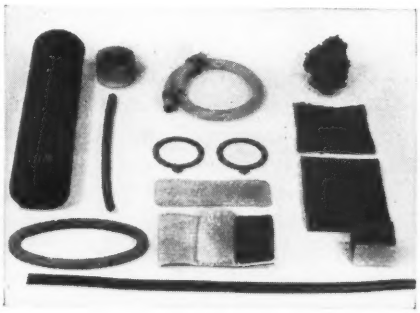
Actually, hardly more than a hundred of the millions of possibilities have been tried and of the hundred, one so far has a commercial look to it. This plastic is a rubberlike material that stands up under heat better than most rubbers, natural or synthetic. It does not deteriorate from contact with oil, has a long flex life, and when slit, the slit doesn't get larger as the material is flexed. It appears, the chemists say, to have possibilities for use as a gasket where heat resistance is important.

Varnish-remover-resistant varnish is also something they have made from starch at the Eastern Laboratory, only they call it allyl starch. Allyl starch made up like paint can be sprayed or applied with a brush to furniture or other surfaces. Colorless, just like clear varnish, it is unaffected by heat, varnish remover, alcohol or acid, and lighted cigarettes left on the film for 3 minutes did not burn it. You could spill almost anything on a table finished with allyl starch and never have to shudder, the finish would be unblemished. When it is put on the market, and it probably will be, it will sell for slightly more than paint. It also has potential uses as a coating for paper and for textiles.

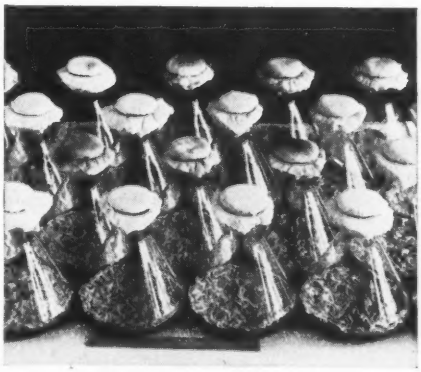
Starch research at the Northern Laboratory took another direction. There the chemists began their work by trying to find out why starch molecules act the way they do. Chemists have known for some time that there are two kinds of starch molecules. One molecule, the amylose

Vitamin rich feed from field wastes . .

Cork substitute from agricultural wastes . . .



Norepol, synthetic rubber, from soybeans . . .



From a mold on a Peoria cantaloup . . .

starch, is formed when dextrol molecules are joined together in a straight line. The other starch, called amylopectin, is formed when dextrose molecules are joined up with branches extending out from the straight line.

Straight-line starch when acetylated, they discovered, can be made up into a rather useful textile fiber, a textile that is almost identical with rayon. It also makes up into a filmlike cellophane, which has all the virtues of cellophane plus a rather remarkable resistance to electrical currents, which suggests uses for it in the electrical industry. The straight-line starch looks promising for the production of lacquers and liquid cements which can be used on automobiles and for any other industrial or household use requiring lacquer or cement.

The hitch was that corn starch, potato starch, and most other starches contain both the straight-line and the branching molecules and that for the new products to be manufactured a cheap way had to be found to get straight-line starch by itself.

Straight-line molecules and branched molecules are inherited by plants just the way people inherit the color of their eyes. Breeding experiments might turn up an abundant source of straight-line starch. However, wrinkled seeded garden-type peas have been found to be a pretty good source of the straight-line molecules. Growers of these peas expanded operations during the war at the request of the armed forces. It may be that peacetime surpluses of these peas will provide straight-line starches for more fiber, the rayonlike textile, for the new starch film, and for the lacquer and cement.

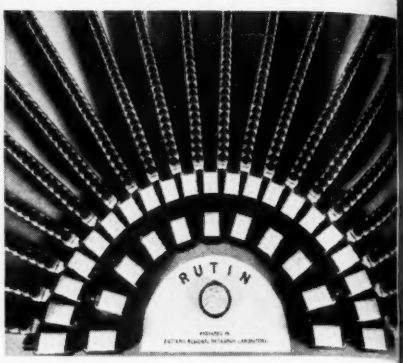
If you are tired of stirring corn starch pudding or watching it cook in a double boiler you will cheer for one of the by-products of the straight-line starch research, a corn starch which can be made into pudding by adding tap water or cold milk and stirring. With this starch, too, you can get your laundry paste by adding cold water and stirring. The cold water puddings and paste are not yet on the market, but the chemists who developed them say that anyone who can make gravy without lumps can made the pastes or pudding in cold tap water or milk.

Amylopectin starch, the starch with the branched molecules, also has its uses. The starch in some corn and sorghum consists almost entirely of the branched molecules. Farmers call these corns and sorghums "waxy." Waxy corn and sorghum are now grown to provide starch which is used as a substitute for tapioca while it is unavailable. The branched molecules cook up into the pearllike granules for which some people prize tapioca.

Starch sponges, which can be made by freezing a starch paste in the refrigerator and then melting the water out of the frozen lump, offer other possibilities. Used as surgical sponges they may be left in wounds or incisions to be absorbed as nourishment by the enzymes in the blood. Dressings backed with the starch sponge have been designed, which it is hoped may be used as wet dressings on burns or open wounds. As the burn or wound heals, it is thought that the starch sponge will be absorbed into the blood stream and make unnecessary removal of the dressing. Anyone who has ever had a bandage pulled away from a burn will recognize the potentialities. Both uses are being investigated in the Pharmacology Division at the Western Regional Research Laboratory.

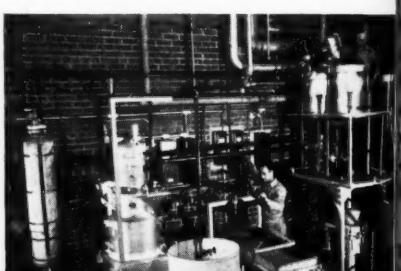
Starch sponges may also be absorbed into the body deliciously as candy. Candies have been made from the starch sponge by coating the sponge with chocolate or by combining the sponge and chocolate. In either case the candy comes out as a crunchy, not-too-sweet mouthful, that bites easily into a pleasant crumble.

Another kind of candy has been developed at the Eastern Laboratory. If you know apples you can bite into this candy and identify the apple—Winesap, Mackintosh or what have you—from the taste. The flavor comes from apple essence, which the Eastern Laboratory chemists capture from the apples in a flash distillation process which they use in making sirup from apples. Once the essence is captured, it can be bottled and put into jellies, juice, candies, or into anything else that would be improved by the sweet, tart, woody apple flavor. The process used in making apple essence may also be used in making essences from other fruits. Some fruit flavors, such as pineapple, which have always eluded essence manufacturers, may be captured and bottled by this process. The apple essence, which will probably be manufactured and sold commercially when this year's apple crop comes in, makes possible apple drinks at soda fountains and in bottles that make you feel you are out in the orchard pulling apples off the branches.



Buckwheat brings relief . . . a source of rutin

This is the newly found mildewproof leather


Sirup and meat flavor come from wheat flour

Ideas move from the originating regional research laboratory to the pilot plant ...

CG news letter

last minute reports from U. S. Government Agencies

Two motion pictures on famine are available now, free to schools, civic groups, clubs, and churches. These films dramatically and graphically tell the story of what famine any place in the world means to its victims and to you. The films, 16 mm., sound, and 10 minutes in length may be obtained from the cooperative film library nearest you or by writing Motion Picture Service, U. S. Department of Agriculture, Washington 25, D. C.

Freedom and Famine—1 reel, produced by RKO Pathé, Inc., for the United States Government and distributed through cooperating film libraries by the President's Famine Emergency Committee and the U. S. Department of Agriculture.

An appeal to free men to take recognition of the plight of war-torn Europe. To free these people it was necessary to bomb their cities, ruin their industries, their docks and transportation systems, wreck their bridges. The people are grateful and do not complain but there is no denying the fact that freedom has brought misery and starvation to be reckoned with until they can rebuild and start their lives anew. Through the daily activities of a transportation official and his family we gain an understanding of the struggle that even fortunate individuals must make for an existence, what rationing means in France, and the plight of less fortunate people and starving children who must be fed or left to die.

Suffer Little Children—1 reel. A gripping picturization of the major problem of the peace—the rehabilitation of children whose lives were affected by the war. Produced by the National Film Board of Canada.

In using the new flour you can go right on using your own recipes with the new 80-percent extraction flour. It should offer no problem in home baking. Tests of samples of the new flour used in regular biscuit, muffin, and plain cake recipes, at the Bureau of Human Nutrition and Home Economics, gave generally acceptable results. To the homemaker, starting out with her first batch of the new flour, the specialists suggest: (1) Follow your own recipe as usual, unless the manufacturer gives specific directions on the package for his particular flour. (2) If the dough or batter seems a little soft with the familiar recipe, try using a little less liquid or a bit more flour in the mixture. These are minor adjustments that some of the new flour may need, if the products do not quite come up to your family's standards.

Use potatoes to save wheat. Here are three recipes from the Bureau of Human Nutrition and Home Economics in which potatoes are used instead of bread, or pastry crust:

Potato Stuffing for Chicken. Ingredients: 2 cups unseasoned mashed potato; 1 cup stale bread crumbs; 1 egg; 1 tablespoon finely minced onion; ¼ cup fat, melted; 1 teaspoon salt; ¼ teaspoon pepper; 1 teaspoon sage. To make, combine all ingredients and pile lightly into the bird. Or use in place of bread stuffing in meat roasts.

Shepherd's Pie. For a pie to serve 6 people, allow about 2 cups of seasoned mashed potato. Fill a baking dish about two-thirds full of hot meat stew. (If too full, it will boil over.) Cover the stew with mashed potato, leaving a few openings for steam to escape. Place in a hot oven (400° F.) for about 25 minutes until the crust browns lightly.

Eggs Baked in Potato Cups. Shape seasoned mashed potato into balls, using about ⅓ cup for each ball. Place balls on a greased baking sheet. With a spoon press center of ball to form into cup shape. Drop an egg into each cup. Season with salt and pepper. Bake in a slow oven (325° F.) for 20 minutes, or until egg is as firm as desired.

The use of oatmeal to save wheat. A serving of cooked oatmeal equals two slices of bread in food value, says the Bureau of Human Nutrition and Home Economics. Eat a little more oatmeal and a little less bread. Oatmeal can be used in place of some of the wheat flour in yeast bread, muffins, and biscuits. Here are two recipes to help save wheat:

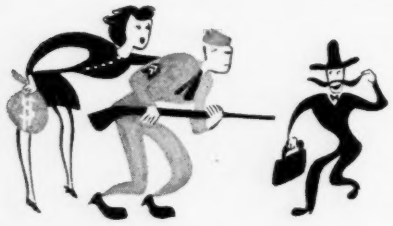
Rolled Oats Meat Loaf. Ingredients for a loaf to serve 6 people: 1 cup rolled oats; 2 cups water; 1½ pounds ground beef; ½ pound ground pork; 2 tablespoons chopped onion; 2½ teaspoons salt; ⅛ teaspoon pepper; ½ teaspoon celery seed, if desired. To make: Cook the rolled oats, in the usual way, in the 2 cups of water. Mix all the ingredients. Form into a loaf in a piece of heavy paper and place on a rack in an open roasting pan. Bake about 10 minutes in a hot oven. Then reduce the temperature to moderate, and continue to cook for 1½ hours. Serve hot or cold.

Rolled Oats Muffins. Ingredients for 12 muffins: 1 cup cooked rolled oats; ½ cup water or milk; 1 egg beaten; 2 tablespoons melted fat; 1½ cups sifted flour; ½ tablespoon sugar; ½ teaspoon salt; 3 teaspoons baking powder. To make: Mix the rolled oats, liquid, beaten egg, and melted fat. Add the sifted dry ingredients and stir until just mixed. Fill greased muffin pans about two-thirds full and bake for 25 to 30 minutes in a moderately hot oven (400° F.).

Sugar will be rationed during the rest of 1946, says the OPA. Because the supply is so short, OPA offers the following suggestions to home canners:

1. Spare Stamp No. 9 is now good for 5 pounds of sugar for home canning. This stamp is good through October 31, 1946.
2. Keep this stamp until you really need the sugar for home canning. Don't spend it until the fresh fruits are ready for canning.
3. When your canning season comes around, your grocer will have enough sugar to "cash" these canning sugar stamps.
4. Later in the canning season OPA will probably make another stamp good for canning sugar. This second stamp is expected to be made good for only up to 5 pounds. This means that the most you will get is 10 pounds of canning sugar for every member of your family.
5. Use 1 pound of canning sugar for at least 4 quarts of fruit.
6. The next sugar stamp for regular home use becomes good May 1, for 5 pounds. This must last you for 4 months.
7. Play fair and square with your friends and neighbors—and with the hungry peoples abroad. Don't buy sugar for canning without giving up the required sugar stamps. Pay no more than ceiling price on sugar. Help stop black marketing.

GUIDE POSTS



Slick Tricks

Job-hungry GI's and gadget happy housewives make shining targets for swindlers, postwar tickers indicate. Fast-talking crooks keep their eyes peeled for gullible GI's who still have their mustering out pay and their soldier's savings. In exchange for cash they offer the GI's "exclusive territorial rights" to distribute products in a particular area, or let them in on the ground floor to buy some stock. Most of the time the territorial rights or the stocks are phony.

Gullible housewives whose hearts beat fast at the chance to buy postwar household appliances are approached by swindlers and promised delivery next week on an iron or a washing machine or what have you in return for a cash deposit. The deposit disappears with the swindler and the appliance is just a forlorn hope.

President Truman, taking cognizance of the increase in racketeers who are preying on both veterans and housewives, has stressed the need to "prevent a repetition of the disasters which befell upon the public after World War I, when unscrupulous individuals induced their many victims to exchange their wartime savings for worthless stocks, bonds, and other property of questionable or no value." The President said that the Federal Government is happy to join with other groups in a campaign to safeguard war savings. The person who can best safeguard your war savings, however, is you.

Comparison

Just in case you have let out even a small complaint about the disappearance of bread baskets from tables or the cream-colored bread, this is what one British adult was allotted during March, not a starvation diet, not the diet of Polish and Italian and Greek adults, perhaps midway between starvation and what you eat.

Bacon, 3 ounces. Butter and margarine, 2 ounces one week, 4 ounces the next. Cooking fats, 1 ounce. Fresh eggs, 1 each 3 weeks. Dried eggs, none since Lend-Lease stopped. Meat, 23 cents worth a week. Fresh milk, 2½ pints per week. Dried skim milk, 1 ounce per week. Preserves, 1 pound per month. Candy, ¾ pound per month. Sugar, 8 ounces per week—canning allowance 1 pound per season. Tea, 2½ ounces per month, 3 ounces for those over 70 years. Fresh fish, almost unavailable.

To fill out this diet, an adult during March was also permitted to spend 24 points a month on dried, evaporated, and condensed milk, canned fish, canned fruit and vegetables, canned puddings, cookies and crackers, and certain dried foods. The 24 points don't go far, though. A can of evaporated milk takes 4 points, a pound of dried fruit takes 6 points, and a half pound of cereal takes 2 to 3 points.

Thrifty Tailoring

If the old gray suit ain't what she used to be and you found the new suits too expensive for your budget, why not make your own. There's more to thrift than putting money in the bank. It is easy to make a tailored suit, says Margaret Smith, clothing specialist of USDA, if you are skillful at sewing and have the patience to do careful work. But, she warns, don't attempt a suit if you are an amateur at sewing. For suggestions on How to Tailor a Woman's Suit, ask the USDA Office of Information, Washington 25, D. C., for Miscellaneous Publication 591.

Carolina Corn Dodgers

Corn dodgers, hoecake, and crack bread are among traditional south breads that are made with corn m Their use now will help to save wheat shipment to destitute Europeans.

Many families in South Carolina corn meal and grits in greater quanti than any other food, the South Caro Experiment Station reports. To encou housewives to cook with *enriched* products, the South Carolina Experim Station has issued recipes for using riched corn meal and grits.

Pure Food

The loss of food through filth decompostion is inexcusable, opines U. S. Food and Drug Administrati Suiting the action to the word, filthy decomposition food seizure under Food, Drug and Cosmetic Act w stepped up about 50 percent during 1945 fiscal year above 1944. And 71 percent of the food seized had been adequately protected from rode insects, and decomposition. Impro storage was largely responsible for increase in food losses, although some the contaminated food had been proce in insanitary plants.

Attitude of judges is becoming ste toward contaminated foods, accordin the 1945 annual report of the Food Drug Administration.

LISTEN TO CONSUMER TIME

Every Saturday—Coast to Coast
over N. B. C. 12:15 p. m. EST
11:15 a. m. CST
10:15 a. m. MST
9:15 a. m. PST

Dramatizations, interviews, questions and a on consumer problems. Tune in.
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